











# OCTOBER 2018 VILLAGE OF Sournal

#### CTOBER

- On September 4th Fred Neilsen III was sworn in to Village Council. Councilman Neilsen will fulfill the term that was vacated by Don Kolograf upon assuming the position of Mayor. The term runs through December 31, 2019.
- At the Council meeting on September 18th Councilwoman Mary Brenner-Miller was confirmed as the new Council President for the remainder of 2018.
- Join us at TG Young Park on October 6th for our annual Hayride and Bonfire! This family friendly event is a great way to see your neighbors and get ready for fall. Fair warning, the hayride turns spooky after dark!

- It is not too late to sign up for a flu shot! Flu vaccinations will be given on October 17<sup>th</sup> at the Community Center. The vaccinations are covered under Medicare Part B or for a small cost. Please call the Village Hall at (440) 232-7800 to schedule.
- Applications for senior snow plowing will be available online and at the Village Hall the week of October 8th.
- Keep an eye out for third quarter trash bills. They will be sent out in October.

#### LOOK INSIDE...

Page 3	Walton Hills Legislation	Page 7	Community Center Events		
Page 4	Pancake Breakfast Hosted by The Village of Walton Hills and Walton Hills Women's Club	Page 8	Flu Shot Clinic  Depression: How to Help		
		Page 9	Walton Hills Women's Club Scholarship Fund Raiser		
Page 5	Police Department News	Page 10	\$ 54.91 — for what?		
Dago 6	October Regregation News	Page 11	Calendar of Events		

October Recreation News

Page 6



# THERE'S NOTHING BETTER"

#### WIN \$25,000 CASH OR A TRIP TO THE CARIBBEAN!

Your next big win could start with a delicious Malley's candy bar! Every Saturday in October, all Rock Star Rewards members receive FREE Malley's chocolate bars.

Be one of over 10,000 Golden Ticket Winners in October!







ROCK STAR & HALL OF FAME MEMBERS redeem from 12PM - 7PM. LEGEND MEMBERS starting at 10:30AM.

10 Grand Prize Winners will win \$25,000 Cash or a luxurious trip to the Caribbean!

#### **FIND YOUR RHYTHM**."

Must be 21 years of age or older. A valid government or state issued photo I.D. required. Not transferable and non-negotiable. Offer not valid for guests who have been excluded. See Players Club for details. Hard Rock Rocksino Northfield Park Management reserves the right to void any entry, and/or alter, cancel or modify this promotion at any time without prior notice to customers. Hard Rock Rocksino Northfield Park Management cannot alter, cancel, or modify this promotion without approval from the Ohio Lottery Commission. Hard Rock encourages you to play responsibly. If you think you have a problem gambling, please call the Ohio Problem Gambling Helpline at 1.800.589.9966 or visit www.org.ohio.gov.



#### Legislation Approved at the 9.18.2018 Council Meeting

Council meeting minutes are available in their entirety on the Village website

#### Resolution 2018-23

A Resolution accepting the amounts and rates as determined by the budget commission and authorizing the necessary tax levies and certifying them to the County Auditor, and declaring an emergency.

#### Resolution 2018-24

A Resolution authorizing the Mayor to apply to the Ohio Public Works Commission for a grant and/or loan for the funding of a capital infrastructure improvement project in the Village of Walton Hills, and declaring an emergency.

#### Ordinance 2018-13

An Ordinance amending Chapter 230 of the Codified Ordinances of the Village of Walton Hills, Ohio, and declaring an emergency.

#### Ordinance 2018-14

An Ordinance authorizing and directing the Fiscal Officer to certify delinquent property maintenance, trash collection assessments and culvert repair assessment to the County Auditor for collection, and declaring an emergency.



#### Thank You Carol James Florist

Our most sincere appreciation is extended to Carol James Florist, located at 451 Broadway Avenue in Bedford, for donating a beautiful floral arrangement for display in the Village Hall lobby every week.

> Please patronize this wonderful florist! Their phone number is 440.786.1811.





SUNDAY, NOVEMBER 11, 2018

Walton Hills Village Community Room
9:00am - 1:00pm

NOTE: at 11:00 am we will take a break to attend the Veterans Day Ceremony in the Courtyard

#### **MEET YOUR NEIGHBORS - ENJOY A HEARTY MEAL**

All-You-Can-Eat Pancakes, plus Sausages, Juice, Fruit, Milk, Tea, Coffee

Suggested Donation: \$6.00 each \$3.00 Children (ages 3 to 10 years old) **FREE Children ages 2 and under** 

**VETERANS EAT for FREE - Veterans are our Honored Guests!** 



#### **Walton Hills Police Department Information**

Stanley Jaworski, Interim Chief of Police / Councilman Denny Linville, Safety Committee Chair

When you leave your home, whether for a guick weekend getaway or a vacation extravaganza, you'll want to take some basic safety precautions to keep your house and belongings as safe as you can. This makes most of us think about burglar proofing, but preparations extend beyond locking your doors or setting timers for your lights.

Here are a few things you should do before leaving for an extended period of time.

- 1. Hold Your Mail: A huge pile of mail on the front doorstep, or envelopes pouring out of your mail box/slot is an instant tip-off that no one's home. If you'll be gone for more than a few days, go to the post office to place a hold on your mail. Put a hold on your daily paper, too. If you don't have the time or inclination, ask a trusted neighbor to collect the goods daily.
- 2. Create the Illusion of Someone Home:

Beyond setting your lights on a timer, you can also set the television and radio on a timer to create the typical noise and flickering lights of an average family home at night. Leave a car in the driveway. Arrange for someone to mow at least once a week. During the winter, arrange for snow removal in case of a storm. If you normally leave toys outside, or keep a hose unrolled, or do anything that shows signs of a home being lived in, don't tidy up too much before you leave!

- 3. Mum's the Word: Never, ever announce your departure or vacation dates on social media! Sharing settings are not foolproof and with new security updates it's always hard to tell what's public and what's private. Stay on the safe side, and don't mention your trip – until you're back!
- 4. Trust a Friend: Give your vacation contact info and a spare key to at least one friend or neighbor in case you need contacted for an emergency.
- 5. Advertise Security: Especially when you're away, it can be a great idea to advertise your security measures.



- 6. Unplug: Unplug all unnecessary appliances (except those on timers) to protect your home from an electrical fire or power surge.
- 7. Keep Your Cool: Turn down (or up) the thermostat to save on electricity while you're gone.
- 8. Safe-Keep Your Valuables: Lock up jewelry, the deed to your home, wills, and any other valuables or sensitive documents in a fire-proof safe.
- 9. Alert Your Alarm Company: Call your home security company to let them know you'll be away. Make sure all of the door and window alarms are set and working when you leave.



Have a Happy and Safe Halloween!

from the Walton Hills Police Department



#### **October Recreation News**

## Walton Hills Recreation and Community Life Department (440) 786-2964 Mary Brenner-Miller, Recreation and Community Life Committee Chairwoman

**Event: SENIOR LUNCH**Date: Monday, October 1st

Time: 11:15am

Site: Community Center (14660 Alexander Road)

Cost: \$7

Note: Play BINGO, win prizes!

**Event: HAYRIDE & FALL FESTIVALS** 

Date: Saturday, October 6th

Time: 6:30pm Site: TG Young Park

Cost: Free

Note: Hayride turns haunted after dark! Enjoy

hotdogs, snacks and the Women's Club will be selling chili. There will be a hot chocolate bar and games to play. Sit around the fire pit and roast some marshmallows, and enjoy the music from "Two Men and a Campfire."

**Event: MAMMA MIA!** 

Date: Wednesday, October 10th

Site: Hanna Theatre

Time: Leaving Community Center at 12:30pm

Note: SOLD OUT!

**Event: MAPLESIDE** 

Date: Tuesday, October 16th

Time: Leaving Community Center at 10am

Site: Brunswick

Cost: \$2 plus what you buy and lunch

Note: Buy apples. Cider and pumpkins! Enjoy time

spent with neighbors and friends.

Event: FLU SHOT CLINIC
Date: Wednesday, October 17th

Time: 9:30 to 11:30am

Site: Community Center (14660 Alexander Road)

Note: See information on next page.

**Event: TRIP TO PRESQUE ISLE** 

Date: Wednesday, October 24th

Time: Leaving Community Center at 8am

Site: Erie, Pennsylvania

Cost: \$27

Note: You receive \$25 in slot play! Leaving the

casino at 3pm to return to Walton Hills. You must sign up and pay before Wednesday, October 17<sup>th</sup>. Call the Recreation Department.

**Event: HALLOWEEN PARTY** 

Date: Sunday, October 28th

Time: 5pm

Site: Community Center (14660 Alexander Road)

Cost: Free

Note: Entertainment, crafts, costume contest, trick-or-

treat street, pizza, snacks and beverages. Any residents, family or civic group that would like to pass out treats please call the Recreation

Department.

**Event: SENIOR LUNCH** 

Date: Monday, October 29th

Time: 11:15am

Site: Community Center (14660 Alexander Road)

Cost: \$7

Note: Senior Halloween Party! Wear a costume and

you could win a prize. We will play some games and you will have a good time with

neighbors and friends.

**Event: BOOK CLUB** 

Date: Monday, October 29th

Time: 7pm

Site: Community Center (14660 Alexander Road)

Note: Join our nice group of ladies to discuss our

book

Happy Halloween!! from the RECREATION & COMMUNITY LIFE DEPARTMENT

Find us on Facebook

#### Walton Hills Community Center 14660 ALEXANDER ROAD – (440) 786-2964

Carol Stanoszek, Recreation Director (440) 786-2964 stanoszekc@waltonhillsohio.gov Mary Brenner-Miller, Recreation and Community Life Committee Chairwoman

#### **YOGA - FOR THE MIND, BODY AND SPIRIT**

Date: Wednesdays Nights - Fourth Session Starts October 3rd

Time: 7pm — each session is one hour
Site: Walton Hills Community Center
Cost: Drop-ins are welcome — \$12

Note: The instructor, Kathy, is certified with 12 years of teaching experience. She leads a gentle yoga class

that focuses on the mind, body and spirit through a combination of centering, breathing, postures and flows, with a touch of meditation too. Postures can be adapted to your physical abilities. When you finish the 1-hour session, expect to feel refreshed, relaxed, stronger and more flexible. No

previous yoga experience necessary.

#### Flu Shot Clinic

The flu season is right around the corner and this month you can get vaccinated. The flu shot clinic will be held on Wednesday, October  $17^{\text{th}}$  from 9:30 to 11:30am at the community center on Alexander Road.

The flu shot clinic is primarily for residents who are 65 years of age or older. Some younger residents diagnosed with chronic illnesses will also be served. There will be a cost of \$25.99 for the flu shot. Pneumonia shots will also be offered for \$95.00. However, there is no cost to residents whose primary insurance is Medicare Part B or if their insurance covers the cost.

This is usually the case, as 90% of insurance plans are accepted unless a required deductible has not been met. Call the village hall or the recreation department to make your appointment!



HAPPY HALLOWEEN



#### **Depression** — How to Help

Kathleen Kapusta, LISW-S Social Worker / Office Phone 216.524.5570

Previously we discussed what depression is. The focus this month is how you can help an individual with depression.

What can you do to help? As a caregiver, if you observe the signs of depression for a period of a few weeks or more, discuss your concerns with your older relative in an encouraging and supportive manner. Urge them to make an appointment to see their doctor, to rule out or identify physical causes like health problems or medications. If the doctor's efforts do not resolve the symptoms, seek treatment from a mental health professional. The doctor may make a referral to a therapist, mental health treatment center or geriatric assessment program. Remember: depression is a treatable illness. Most older adults respond well to mental health interventions. Once under treatment for depression, it is important for the person to follow their treatment regime.

As a caregiver, you must understand that just thinking about the things to do to feel better, like going for a walk or spending time with friends, can be exhausting for the person battling depression. You should encourage your family member to start small and stay focused. The key to depression recovery is to start with a few small goals and slowly build from there. Draw upon whatever resources are available. Take things one day at a time and reward each accomplishment. The steps may seem small, but they'll quickly add up.



And for all the energy put into depression recovery, your loved one will get back that much more in return. When you're depressed, just getting out of bed can seem like a daunting task, let alone exercising. But exercise is a powerful tool for dealing with depression. Evidence suggests that physical activity triggers new cell growth in the brain, increases mood-enhancing neurotransmitters and endorphins, reduces stress, and relieves muscle tension—all things that can have a positive effect on depression. Even very small activities that get one's arms and legs moving can add up over the course of a day. The key is to pick an activity the person enjoys, so it will be easier for them to stick with it.

As a caregiver, you should take all comments seriously. If a person is talking about suicide, immediate action is necessary. First, remove access to items that might be used

in a suicide attempt such as guns or medications. Then, you will need to take the person to a hospital emergency room for evaluation. Other actions that should serve as warning signs include excessive hoarding of medications like sleeping aids and pain killers. This could be a sign that a person is collecting enough pills to make a suicide attempt.

#### Help Is A Phone Call Away



If your relative is experiencing a mental health crisis, you may call **Cuyahoga County Suicide Prevention** 

**Hotline at (216) 623-6888.** This 24-hour service is staffed with mental

health experts who can talk with you and your older relative about how to stay safe and get help.



## Walton Hills Women's Club SCHOLARSHIP FUND RAISER

Saturday, October 6, 2018 Walton Hills Village Hayride

> T. G. Young Park 18860 Dellwood Drive







8-ounce chili \$2.00

12-ounce chili \$3.00



#### Councilwoman Gloria Terlosky, Information Committee Chairwoman

You have a choice of paying \$54.91 or \$699. For what you ask? Let me tell you.

This may put some prisoners out of work. Are you thinking, license plates? Yes, you guessed it! License plates have remained the same since Henry Ford introduced the Model T, but technology keeps moving down the road. A California company called Reviver Auto has swapped the metal plates for digital screens!

Here's what \$699 will do when it comes to these digital plates. They're connected to a cellular network and they can display anything.

For those of you that are a little vane, there is your vanity plate. For someone that is forgetful, the plates can be connected to GPS so you can find where you parked your car. If you are a business owner you can park at the office, go in and have your cup of morning coffee while your plate displays the ads from your business before you take your first bite out of your jelly doughnut.



Wait a minute, what if it rains or you are driving down the road dodging orange cones on those roads that are constantly being repaired with all that the dust swirling around? Not to worry, this is like our postal carriers, nor, wind nor sleet nor snow can keep this new technology from delivering its message to the world.

What's next driverless cars? I will continue to write my check in the amount of \$54.91 and keep the difference, I am not that vane and I'm sure I'll be able to find my car when it's parked.



#### **Calendar of Events**

### October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Senior Lunch	C.O.W. Mtg. 7pm	3	Mayor's Court 4pm	5	Outdoor Siren Test 12pm
	Historical Resource Center 1-3pm					Hayride and Fall Festivals 6:30pm
7	50 Plus Club Board Mtg. 10am Women's Club Board Mtg. 7pm	C.O.W. Mtg. 7pm	Mamma Mia! Leaving at 12:30pm Lake Club Mtg. 6:30pm	11	12	13
14	50 Plus Club Mtg. 1 pm Antique Car Club 7 pm	Mapleside Leaving at 10am Council Mtg. 7pm	Flu Vaccinations 9:30am	Mayor's Court 4pm	19	20
21	22	23	Trip to Presque Isle Leaving at 8am  Women's Club Mtg. 7pm	Photo Enforcement Hearing 4pm	26	27
Halloween Party 5pm	Senior Lunch 11:15am Book Club 7pm	30	Happy Haloween			

Women's Exercise Class – Tuesdays and Thursdays from 6:30 to 7:30pm in the Community Room Mahjongg – Mondays, Tuesdays and Thursdays from 1 to 4pm at the Walton Hills Church of Christ

For the most up-to-date info, call the Village Voice Info Line 440.735.5001 Option 5 Extra copies of the Walton Hills Journal are available at the Village Hall





7595 Walton Road Walton Hills, Ohio 44146 440.232.7800 • 440.232.4070 fax \*\*\*\*\*\*ECRWSS\*\*\*\*

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#### Free community event: UH Orthopedic Day

Saturday, October 27 9 a.m. – 1 p.m. Signature of Solon 39000 Signature Drive Solon, Ohio 44139

Join UH experts for interactive panel discussions on topics including total joint and orthopedic procedures, including the latest innovative treatments. Breakfast will be served, and registration is required. Call 216-415-6570 by Friday, October 19.

216-239-2111 UHhospitals.org/Ahuja

3999 Richmond Road, Beachwood, Ohio 44122





7595 Walton Road Walton Hills, Ohio 44146 440.232.7800 • 440.232.4070 fax

## Free community event: UH Orthopedic Day

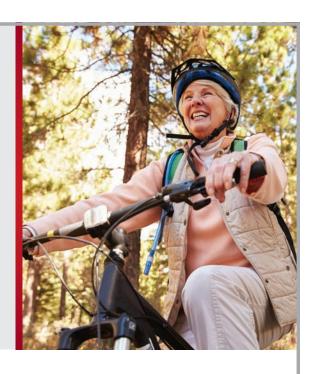
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216-239-2111 | UHhospitals.org/Ahuja

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